

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program cuts diabetes risk in half and gives individuals at high risk for developing the disease tools for healthy living.

Diabetes is one of the nation's costliest diseases. Preventing diabetes can save health care costs and save lives.

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles to reduce their chances of developing the disease. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58%.

THE PROGRAM

In a group setting, a trained lifestyle coach helps participants change their lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

Program goals:

- **Reduce body weight by 7%**
- **Increase physical activity to 150 minutes per week**

Session Descriptions

- 1:** Welcome & Getting Started
- 2:** Be a Fat Detective
- 3:** Ways to Eat Less Fat & Fewer Calories
- 4:** Healthy Eating
- 5:** Move Those Muscles
- 6:** Being Active: A Way of Life
- 7:** Tip the Calorie Balance
- 8:** Take Charge of What's Around You
- 9:** Problem Solving
- 10:** Four Keys to Healthy Eating Out
- 11:** Talk Back to Negative Thoughts
- 12:** The Slippery Slope of Lifestyle Change
- 13:** Jump Start Your Activity Plan
- 14:** Make Social Cues Work for You
- 15:** You Can Manage Stress
- 16:** Ways to Stay Motivated

For more information about the program please contact:

Susan Woods (812) 332-5555, ext. 273

WHO CAN PARTICIPATE?

To qualify for the YMCA's Diabetes Prevention Program, participants must be overweight/obese (BMI \geq 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes.

A person who meets any of the following criteria is defined as a person with prediabetes:

- Physician diagnosis of prediabetes
- Fasting plasma glucose between 100 – 125 mg/dL
- HbA1c between 5.7 and 6.4%
- Random or casual blood glucose level of 140–199 mg/dL or higher

Individuals who meet at least three of the following criteria may also be eligible:

- blood pressure is 140/90 or higher
- elevated cholesterol levels
- participates in physical activity less than two times per week
- has or had a parent or sibling with diabetes
- has been diagnosed with prediabetes
- had gestational diabetes (diabetes during pregnancy), or given birth to a baby weighing more than 9 pounds
- 45 years of age or older

* Asian individuals BMI \geq 22

HEALTHCARE PROVIDER REFERRAL

Patient name

has pre diabetes

His/her (check one and enter value):

☐ Fasting Plasma Glucose—mg/dL
(must be 100–125 mg/dL)=

☐ 2-hour (75 gm glucola) Plasma Glucose—mg/dL
(must be 140–199 mg/dL)=

☐ Random/Casual Blood Glucose—mg/dl
(must be 140–199 mg/dL)=

☐ HbA1c—mg/dL
(must be 5.7–6.4%)=

I (check one) ☐ DO ☐ DO NOT

recommend that this patient set goals for achieving
a 7% weight reduction through changes in nutrition and
gradual increases in physical activity.

Physician name

Contact number

Physician signature

Date

YMCA’S DIABETES PREVENTION PROGRAM IS NATIONALLY SUPPORTED BY UNITEDHEALTH GROUP AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION

City of Bloomington Jack Hopkins Foundation Grant

is committed to helping prevent chronic disease
by giving individuals of all ages tools for healthy living.
For information, contact:

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

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Prevention Program
Monroe County YMCA